

# September 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Mexican Chicken Casserole Brown Rice Green Beans Whole Wheat Bread Applesauce	<b>2 SPECIAL-Cold</b> Tortellini Salad w/ Broccoli and Red Peppers Extra Cheese Tossed Salad Whole Wheat Roll Pear/Blueberry Crisp Diet Pears/Blueberries	<b>3</b> Mulligawny Soup Salisbury Steak/Jardinere Gravy Whipped Potatoes/ Sr Crm/Chives HDM :Carrots Multigrain Bread Fresh Fruit	<b>4</b> Chicken Breast Cacciatore Penne Pasta/OOand herbs Cauliflower/Carrots Italian Bread Lemon Pudding Diet:SF BananaPudd
<b>Labor Day Holiday</b>	<b>8</b> Baked Salmon with Dill Sauce Egg Noodles Spinach WG White Bread Fresh Fruit	<b>9 3C Soup</b> Boneless Breaded Chicken Breast Roasted Red Bliss Potatoes HDM:Green Peas Whole Wheat Bread Pineapple	<b>10</b> (Grd)Beef Bordelaise Mashed Potatoes Tossed Salad HDM: Green Beans Rye Bread Yogurt	<b>11</b> Sweet and Sour Meatballs Brown Rice Italian Green Beans Whole Wheat Bread Sugar Cookie Diet: Lorna Doones
<b>14</b> Shepherd's Pie Mashed Potatoes Carrots Whole Wheat read Pears	<b>15</b> Jambalya Brown Rice Tossed Salad HDM: Green Peas Whole Wheat Bread Mandarin Oranges	<b>16</b> Turkey A La King Bowtie Pasta Broccoli Italian Bread Chocolate Pudding Diet: SF Chocolate Pudding	<b>17 Egg Drop Spinach</b> Soup ChickenBreastTeriyaki White Rice HDM: Spinach White Bread Yellow PineappleCake Diet: Strawberry Graham	<b>18</b> Roast Porkw/Apple Gravy Diced Red Bliss Potatoes Green Beans Whole Wheat Bead Tropical Fruit
<b>21</b> BBQ Chicken Breast Mexican Corn Green Beans Whole Wheat Bread Vit.C Jello w/fruit Diet: Fresh Fruit w/C	<b>22 COLD Plate</b> Vegetable Soup Tuna Salad/Lettuce Leaf Chick Pea and Kidney Bean Salad HDM: Coleslaw Multigrain Bread Chocolate Chip Cookie Diet:Apple Graham	<b>23</b> Breaded Chicken Nuggets(4pc) Cong: HoneyMustard Sauce Baked Beans Tossed Salad HDM: Bateman Stewed Tomatoes Whole Wheat Bread Pineapple	<b>24</b> Shaved Steak(3oz) w/ Cheese Sauce Baked Potato Carrots/Green Peas Hamburg Roll Fresh Fruit w/C	<b>25</b> Lasagna Tomato Basil Meat Sauce Broccoli Italian Bread Applesauce
<b>28 Minestrone Soup</b> Grilled Chicken Breast Tarragon Herb Gravy Whipped Potato /SrCrm/Chives HDM: Green Beans Whole Wheat Bread Pears	<b>29</b> Beef and Lentil Chili Brown Rice Tossed Salad HDM:Carrots/Italian Green Beans(50/50) Rye Bread Mixed Fruit	<b>30</b> Roast Pork/ RosemaryGravy Sweet potatoes Spinach Mutltigrain Bread Snack Loaf Diet: Fig Newton	<b>October1</b> Chicken Chow Mein/chow Mein Noodles White Rice Peas Whole Wheat Bread Applesauce	<b>October 2</b> Beef Bolognaise Herbed Ziti Cauliflower WG White Bread Strawberries w/Biscuit and Topping